

## Employee News

**Relay  
for Life  
set for  
June 14**

The City of  
Murfreesboro  
will participate

again this year in the American Cancer Society's Relay for Life to be held from 5 p.m. June 14 to 5 a.m. June 15. Former Mayor Joe B. Jackson is one of the honorees of this year's Relay, in memory of his wife, Frances Jackson. If you would like to be a team member, call Len Trujillo at Water & Sewer (890-0862) or Carolyn Cope in the Planning Department (893-6441).

*"Live as if there were no tomorrow,  
learn as if you would live forever."  
Seen on a Florida Airport Marquee*

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Murfreesboro Fire Department unveiled its newest acquisitions recently for members of Murfreesboro City Council to view. The two extrication units were manufactured in Appleton, Wis. and arrived here in early April. The city has been providing extrication services since Jan. 1 and has answered 150 calls since that time.

**Our First Newsletter**

Several months ago, we began planning for a City of Murfreesboro employee newsletter. We formed a public information committee that so far includes Patsy Smith and myself from administration, Laurie Alsup from the fire department, Lt. Clyde Adkison from the police department, Karen Carr from water and sewer, Patty Pope from community development, Sue Mahon from personnel, Alan Bozeman from the cable television department, Bonnie Stem from Building and Codes and Brenda Kiskis from the St. Clair Street Senior Citizens Center. Eventually, we will be adding members from every city department who wants to join – members who can keep up with news from their respective corners of city government.

They will eventually become the eyes and ears of each department, contacts through whom you will have access to your newsletter.

Your suggestions will be important to the eventual success of this newsletter. If you have a suggestion, just pick up the phone and call the editor Chris Shofner at 849-2629 or by email at [cshofner@ci.murfreesboro.tn.us](mailto:cshofner@ci.murfreesboro.tn.us). Remember, no suggestion is insignificant.

Initially, we plan to publish this newsletter once per quarter and, at least at first, we plan to produce master copies for each department to distribute within that department however its department head chooses.

Among the first items of business will be naming this newsletter and we need your help. Any full time city employee is eligible, and you can submit potential names any way you want, but make sure each one is submitted in writing and that contact information is included. Whoever wins the contest will receive a \$25 gift certificate from Toot's.

Entries must be submitted by July 8. A winner will be chosen during our regular meeting on the 16th. You will be notified immediately after that.

# Employee News

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April '03

At St. Clair Street Senior Center

## New resources available to city employees

By Brenda Kiskis,  
St. Clair Senior Center

### I'm caring for an ill family member—now what?



The Sandwich Generation is a term describing individuals who are caring for their children and, at the same time, for another older family member. Juggling both, along with a job, can be quite difficult.

St. Clair Street Senior Center, 325 St. Clair St. in Murfreesboro, recently opened the Caregiver

Resource and Education Center under the direction of Suzanne Bowen. Suzanne provides assistance, information on local resources, and a sympathetic ear to those who bear the responsibility of caring for a friend or family member with a chronic illness or other challenging mental or physical disability.

The Caregiver Center is co-sponsored by the Alzheimer's Association of Middle Tennessee. Consultations can be made in person or on the phone. Educational books, videos and other support materials are available in the Caregiver Center. Hours are 9:30 a.m. until 1:30 p.m. Monday through Friday.

For more information call 848-2550 or 904-6116.

### Need a break from caring for your older loved one?

Caring for an older family member is taxing and sometimes we just need a break. St. Clair Street Senior Center offers Adult Day Care for individuals 60 and older in their facility Monday through Friday from 8 a.m. to 6 p.m.

Tina O' Brien is program director.

The program's environment promotes dignity in aging through social, physical, cognitive, and emotional growth programming.

Participants have a structured day of age-appropriate activities. For more information contact the Adult Day Care Program at 848-2550.

### Volunteer opportunities

St. Clair Street Senior Center is successful largely because of its volunteers – do you have a talent you would like to share?

Volunteers are used in educational seminars, craft,

computer, exercise, and other classes. Volunteer opportunities are also available in programming during events such as dances and parties. For more information contact Brenda Kiskis or Ann Hoke at 848-2550.

### If you recently turned 60, you need to read this!

St. Clair Senior Center is a hopping place to be! We offer exercise classes, yoga, and other activities for you to keep in shape. There is no membership fee. We have computer classes, bridge games, bingo, quilting, ceramics, monthly dances, educational seminars, trips and much, much more. Some activities require a nominal fee.

Stop by St. Clair Street Senior Center, 325 St. Clair Street, Murfreesboro for a tour of our facility or call 848-2550 for further information. You'll be pleasantly surprised.

St. Clair Street Senior Center is funded in part by the Greater Nashville Area Agency on Aging and Disability and the United Way of Middle Tennessee agency.

*The whole art of life is knowing the right time to say things.” - Maeve Binchy, Writer*

## Smallpox vaccinations underway

By Chris Shofner, editor

Smallpox vaccinations are already underway in Rutherford County.

Rutherford County Health Department (RCHD) is recruiting and training volunteers to assist in

administering smallpox vaccinations that would be required should an outbreak occur, said Ellen Gray, interim director of the agency.

Volunteers are asked to contact Sheryl Wolf at 898-7885 to secure an enrollment form and for more information.

Should an outbreak occur, officials say, Murfreesboro's fire department, in its role as first responder, will likely be first on the scene so are part of the first wave of those to be vaccinated.

By April 18 of this year, officials confirmed, those vaccinations had not yet begun.



## News from Personnel

By Sue Mahon



### How are sick hours accrued?

The City offers sick leave to full-time employees for use during the employee's, or an eligible family member's, recuperation from illness or injury, to visit a physician (doctor, dentist, chiropractor, etc.), or because of the death of an immediate family member.

All benefit-eligible employees of the city shall earn one (1) day of sick leave per month based upon the number of hours considered to be the employee's normal workday or shift; firefighters working a 24-hour shift accrue 12-hours per month.

New employees begin accruing sick leave on the first day of the month following 30 days of employment. Sick leave is accumulated and available for use on the first day of the month.

## City programs benefit employees, too

By Patty Pope, Community Development

Could you or someone you know benefit from one of the programs carried out by the Community Development Department or the many local organizations and agencies that offer hands-on assistance in Murfreesboro through funding and technical assistance?

First-Time Homebuyers' down-payment and closing-cost assistance with zero percent financing might be just the help needed to fill in the gap for financing that first home.

A home owned and occupied for at least a year might qualify for assistance through the city's Rehabilitation Program. Anyone interested should check with community development officials for details.

Do you have a family member or friend that could benefit from the senior center's adult day care program, or Murfreesboro Exchange Club's Tender Parenting Program? These and others reach out to our citizens through the city's community development Department.

One of our goals in community development is to make an immediate and long-lasting difference in the lives of individuals and families in our community.

Call us at 890-4660 or check the city's web site (<http://ci.murfreesboro.tn.us>) for more details.

## Important Fire Safety Tips

- In case of fire – Get out fast, stay out.
- If there is any smoke, stay low and crawl below.
- Stop, drop, and roll if your clothes catch on fire.
- Test your smoke detectors monthly and change the batteries annually.
- Never disable a detector by borrowing its battery for another use.
- Plan and practice two escape routes with your family.
- Never leave cooking unattended.
- Put a lid on grease fires, never use water.
- Never use an appliance with a frayed cord.
- Keep lighters and matches away from children.
- Keep heaters away from curtains and furniture.
- Remove lint from a dryer regularly.
- Purchase a fire extinguisher and learn how to use it.
- Never fill a gas container in a vehicle; always place it on the ground.
- Never store flammable liquids in your house or garage.



### MURFREESBORO FIRE DEPARTMENT

All Emergencies: 911 Business: 893-1422

## Birth Announcements

Murfreesboro employees' recent birth announcements include:

### Joe & Christy Bell

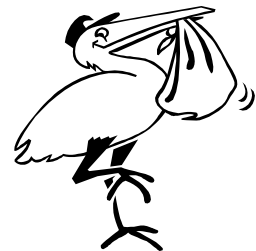
(Joe is a Firefighter)

Girl: Jolie Katalana Bell, born 3/2/03 at 11:20 a.m., weighing 8 lbs. and measuring 21" long

### Allen & Lisa Swader

(Allen Swader is an assistant fire chief and Lisa is alarms enforcement secretary for Murfreesboro Police Department).

Boy: Zion Bergeron Swader, born 3/19/03 at 4:01 p.m., weighing 7 lbs. 6 oz., and measuring 20" long



# Employee News

Issue #1

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April '03

## Traffic Engineer's Hobby a Family Affair

By Chris Shofner

Murfreesboro Public Information Officer

Just call it a family affair. Murfreesboro Traffic Engineer Ram Balachandran has been a stamp collector for nearly as long as he can remember – certainly since the age of 8 or 9, he says. And he has a large collection numbering a million and a half if you count those being kept by his mother in her England home and by his sister Sumi in Malaysia where she lives.

"I'm the main collector," Balachandran said. "I've taken over my dad's collection – he had some really old ones ..."

Some stamps are expensive though the value of others is more sentimental, the collector indicated. Those from Malaysia seem to emit the most brilliant color. Printed during colonial rule of many Southeast Asian countries, many feature the head and shoulders image of Her Majesty the Queen of England or the British pound note.

"I've always loved British stamps," he said. "I think that's because of my background and my folks, who always enjoyed seeing the queen. But I like Asian stamps too. Like Malaysia, Indonesia, Singapore – they are very, very colorful.

"And they depict every day life," he continued. "They show people growing rice or pineapple – rice is the main staple and pineapple is one of the favorite fruits ... sugar cane and then rubber – there are a lot of rubber trees. Malaysia is the leading producer of rubber."

At one point, the traffic engineer opened what appeared to be a leather-bound book where stamps were neatly displayed.

"This is a very expensive stamp," he said pointing to a multi-colored postage stamp stacked in one of the



tiny pockets. "This is from Malaysia – a 12-cent stamp from the early 1890's when the country was under British rule.

He pointed out another stamp.

"This is from Malaya," he said. "It was called Malaya before British rule ... this is a very old and priceless stamp ... I've probably had this 25 years at least."

With so many valuable stamps in a single collection, it's surprising to find out that Balachandran doesn't see his pastime as a lucrative venture. He doesn't attend stamp shows and doesn't care much for the stamps' values even though a few are quite valuable.

"The interest is that stamps bring laughter to me," he admitted with a twinkle in his eye. "The brightness of the color makes me smile."

## City Cooks!

This is a recipe from the City Cooks! cookbook. It was submitted by Tracey Demosi in the Building & Codes Department and is a delicious addition to a meal as a vegetable or a salad.

### Crunchy Corn Medley

2 cups frozen peas, thawed

1 can (15-1/4 ozs) whole kernel corn, drained

1 can (15-1/4 ozs) white or shoepeg corn, drained

1 can (8 ozs) water chestnuts, drained and chopped

1 jar (4 ozs) diced pimentos, drained

8 green onions, thinly sliced

2 celery ribs, chopped

1 medium green pepper, seeded and chopped

1/2 cup white vinegar

1/2 cup sugar

1/4 cup vegetable oil

1 teaspoon salt

1/4 teaspoon pepper

In a large bowl, combine the first eight ingredients. In a small bowl, combine vinegar, sugar, oil, salt and pepper; whisk until sugar is dissolved. Pour over corn mixture, mix well. Cover and refrigerate at least 3 hours. Stir just before serving; serve with slotted spoon. Makes 10 servings.

If you would like your favorite recipe published in the employee newsletter, submit it to Chris Shofner or anyone on the Public Information Committee. One will be printed in each edition.